

# GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

AUGUST 2005

*Serving Seniors for 29 Years*

VOL. 29, NO. 4

## Four Retirees—95 Years of Service to Fairfax County



**Group Retirees:** (left to right) **Beth Hershner, Mary Fallon, Kathie Schleede, and Joanne Brownsword.** (Photo by Kim Karlinchak)

This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail [kathy.wilson@fairfaxcounty.gov](mailto:kathy.wilson@fairfaxcounty.gov). It's free! Large-print and recorded formats also are available.

A group party on June 17 marked a bitter-sweet occasion. Four long-time Fairfax Area Agency on Aging employees shared a retirement celebration. There were a few tears and much laughter. The honorees were: Beth Hershner (30 years); Joanne Brownsword (27 years); Mary Fallon (20 years); and Kathie Schleede (18 years). They will be greatly missed!

## GOLDEN GAZETTE

*Published by the*

*Department of Family Services*

**FAIRFAX AREA AGENCY ON AGING**

**12011 Government Center Parkway**

**Suite #708**

**Fairfax, VA 22035-1104**

**Telephone: 703-324-5411**

**Toll-Free: 1-866-503-0217**

**TTY: 703-449-1186**

**FAX: 703-449-8689**

**Web Site: [www.fairfaxcounty.gov/service/aaa](http://www.fairfaxcounty.gov/service/aaa)**

**The Golden Gazette is online.**

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

**Grace Starbird**

*Director, Area Agency on Aging*

**Becky Adams**

*Editor/Advertising Manager*

**703-324-5479**

**[rebecca.adams@fairfaxcounty.gov](mailto:rebecca.adams@fairfaxcounty.gov)**

**Katharine Wilson**

*Mailing List Coordinator*

**703-324-5633**

**[kathy.wilson@fairfaxcounty.gov](mailto:kathy.wilson@fairfaxcounty.gov)**

## ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). ***Please note that contributions are entirely voluntary.***

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

\_\_\_\_ Contribution check attached.  
\_\_\_\_ I am NOT currently on your mailing list. Please add my  
name and address.  
\_\_\_\_ I am already on your mailing list.  
\_\_\_\_ I am moving. My new address in the Fairfax area will be:  
NAME \_\_\_\_\_  
CURRENT ADDRESS \_\_\_\_\_ Zip: \_\_\_\_\_  
NEW ADDRESS (if applicable) \_\_\_\_\_ Zip: \_\_\_\_\_  
TELEPHONE (in case we have a question) \_\_\_\_\_

**Publication of advertising  
contained herein does not  
constitute endorsement.**



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

### NO August Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging (COA) **does not meet in August**. The next scheduled meeting is **September 21, 1:00 p.m.**, at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: The COA meets on the third Wednesday of each month, **except August**.)

Call **703-324-7746** for information or to be placed on the mailing list. If you need a sign language interpreter or any special accommodation or auxiliary aid, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

### DEADLINES

***ALWAYS the first of the month a  
month in advance (for ads, ad  
payments, and announcements)***

**Issue**

**Due Date**

September

August 1

October

September 1

November

October 1

## **Still Have a 401(k) With Your Employer? New Supreme Court Ruling Makes IRAs a Better Choice**

*Provided by Tim Murray, CFP*

A recent U.S. Supreme Court ruling and new federal law have extended bankruptcy and lawsuit protection over most assets in individual retirement accounts. But the protection may not be complete for owners of large IRAs, caution financial planners.

Under federal ERISA law, assets held in most employer-based retirement plans such as 401(k)s, pension plans, 403(b)s, and profit-sharing plans generally have been beyond the reach of creditors. But IRAs were not protected on the federal level. Some states protected IRAs, but many provided no protection or only limited protection.

Also unprotected, unless by a particular state, were SIMPLE IRAs, used by small employers; plans established by the self-employed with no employees other than the owner and spouse, such as a simplified employee pension (SEP) plan or individual 401(k)s; and annuities not held inside a protected employer plan. Consequently, workers retiring or changing jobs, or those most vulnerable to possible lawsuits, such as doctors, often have been reluctant to roll assets from protected employer-based plans into IRAs—even though that was likely the best strategy from an investment and estate planning standpoint. However, in April 2005, all that changed.

First, the U.S. Supreme Court unanimously ruled that assets held in IRAs, both traditional and Roth, generally are protected from creditors. The case concerned a couple who had rolled their \$55,000 in company pension and 401(k) assets into an IRA, only later to have creditors try to seize the IRA after they filed for bankruptcy protection due to hard times.

But the Supreme Court ruling left an important issue unresolved. It said that assets in IRAs were protected only to the extent of what might be considered “reasonably necessary” to support the IRA owner and his or her depen-

dents. Anything above that value could be seized by creditors (depending on the laws of the state of residence). But it didn’t define what constitutes “reasonably necessary.”

About two weeks later, Congress passed and President Bush signed the Bankruptcy Abuse Prevention and Consumer Protection Act of 2005. Among its many provisions, the law resolved some questions left after the Supreme Court ruling and further strengthened protection of IRAs, as well as plans for the self-employed.

Especially important to participants in employer-based retirement plans is that the bankruptcy act says that all assets rolled over from these plans into an IRA, and all subsequent earnings made inside the account attributable to the rollover, are protected from creditors, regardless of the amount of the rollover.

This law removes much of the reluctance among investors to move most retirement plan assets into IRAs. Individually directed IRAs are not limited to the number of funds offered by 401(k) plan providers, which allows for a well-diversified allocation with funds that are at the top of their respective asset classes. IRAs also offer much better estate planning provisions and allow for much easier access for directing distributions.

While IRAs have unlimited protection for certain rollover amounts, such is not the case for original (non-rollover) contributions by the owner to traditional and Roth IRAs. The bankruptcy act put a price tag on the “reasonably necessary” amount that might be protected in these IRAs—\$1 million. That is, if the aggregated value of your original contributions and their earnings to traditional and Roth IRAs exceeds \$1 million, the amount above \$1 million (excluding any protected rollover amounts) could be vulnerable to creditors. That \$1 million amount is indexed annually to inflation.

*Cont. p. 6*



## VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

**Inova Fairfax Hospital** needs volunteers to work in its Thrift Shop located at Fairfax Circle. Volunteers work one 3-hour shift per week and a commitment of 3 months is requested. Duties include receiving and evaluating merchandise; operating a cash register; setting up displays; and assisting customers. Call **703-391-3659**.

The **Meals on Wheels program (MOW)** needs volunteers for three leadership positions. A volunteer group coordinator is needed to accept new client referrals, contact new clients to explain procedures, contact the food provider, write route instructions, organize the route book for drivers, keep track of the weekly meal count, and communicate with the group treasurer. A driver coordinator is needed to develop a monthly schedule of drivers using an existing pool of drivers, schedule substitute drivers on a short-term basis, and inform new drivers of policies and procedures. A treasurer is needed to provide monthly detailed reports to the Fairfax Area Agency on Aging that include accurate number of meals served to clients, meal cost to provider, total amount of collections per month for each client, number of miles and dollar amounts. Call the Volunteer Intake Line at **703-324-5406**.

The **Northern Virginia Long-Term Ombudsman** program needs volunteer advocates to make weekly visits (4 hours per week) to nursing homes and assisted living facilities throughout Fairfax County. The volunteer works with the residents, their families, and the staff of the facility to ensure that the residents' rights are being protected. The next training will be September 12, 13, and 23, 2005. Call **703-324-5435** or visit the Web site at: [www.fairfaxcounty.gov/ombudsman](http://www.fairfaxcounty.gov/ombudsman).

The **Shepherd's Center of Oakton-Vienna** needs volunteers in the Fairfax, Falls Church,

McLean, Oakton, and Vienna areas to provide transportation for seniors to medical appointments, shopping and errands. Call **703-281-0538**.

**Western Fairfax Christian Ministries** has volunteer opportunities to help in the clothes closet and the food pantry located in Chantilly. Volunteers are needed to sort and hang clothes; bag groceries; stock shelves; pick up food donations; and read to underprivileged children. Call Sandy Miller at **703-988-9656**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail:

[retha.lockhart@fairfaxcounty.gov](mailto:retha.lockhart@fairfaxcounty.gov)

Fax: **703-449-8689**

Phone: **703-324-5407**

## FREE SENIOR SWIM WEEK

**August 15-19**

The Northern Virginia Regional Park Authority (NVRPA) is sponsoring a free senior swim week at all five of its swimming pool complexes, from Monday, August 15, to Friday, August 19, during regular pool hours. Call individual pool offices to confirm hours of operation. You must be age 60 or older (proof of age is required).

► **Bull Run Regional Park**, 7700 Bull Run Drive, Centreville. **703-631-0550**.

► **Downpour at Algonkian Regional Park**, 47001 Fairway Drive, Sterling. **703-430-7683**.

► **Great Waves Water Park at Cameron Run Regional Park**, 4001 Eisenhower Avenue, Alexandria. **703-960-0767**.

► **Pohick Bay Regional Park**, 6501 Pohick Bay Drive, Lorton (Mason Neck). **703-339-6104**.

► **Upton Hill Regional Park**, 6060 Wilson Boulevard, Arlington. **703-534-3437**.

## Medicare Advantage Plans Available in More Areas With More Benefits

*Medicare Advantage (MA) plans are the new rage this year. The Medicare Modernization Act of 2003 encourages private companies to offer Medicare Advantage Prescription Drug (MAPD) plans to Medicare beneficiaries. These MA plans will offer not only customary Medicare services to their members, but enhanced services such as discounted eyeglasses and dental benefits—services not offered under traditional Medicare. Potential participants should keep in mind that Medicare attempted to offer similar health plans about 5 years ago—they were called Medicare + Choice plans. These plans seemed to work fine for the first couple of years but then abandoned most geographic areas of the country due to disagreements with Medicare about financial reimbursements. Managed care plans such as Medicare Advantage typically are not the best plans for aging persons who may have chronic illnesses, but each person will need to decide which plans may be best. The remainder of this article is taken from a recent Medicare press release describing their new and improved health plans. Be very careful before making a decision!*

Nearly all Medicare beneficiaries across the U.S. have access to Medicare-coordinated care plans and other health plan options in 2005, and these plans are providing significant new out-of-pocket savings to Medicare beneficiaries, particularly those with chronic illnesses.

The Centers for Medicare & Medicaid Services (CMS) recently announced that it has approved 143 new Medicare Advantage plans to provide services in 2005, far exceeding the highest number of plans that had been previously available. The availability of these plans in 49 states, along with their enhanced benefits and increased savings, is the result of the Medicare Modernization Act of 2003.

These Medicare Advantage plans also offer more extensive benefits or lower cost-sharing compared to the original Medicare program, providing greater cost savings to

people with Medicare in 2005 than in previous years. Beneficiaries who buy Medigap coverage on their own or who cannot afford Medigap will save just over \$100 a month, on average, based on plans approved in March, compared to traditional Medicare with Medigap. Those average savings include \$29 in extra benefits; \$2 in Part B premium reduction; and \$70 in reduced average out-of-pocket expenses for Medicare-covered services compared to the national actuarial value.

With the addition of these new plans, Medicare beneficiaries in 49 states will have access to 428 health plans across the nation. Those include 41 plans completely new to the Medicare program and 66 new local preferred provider organizations (PPOs). Some 90 current providers plan to increase their service areas this year. Many of these plans already have begun offering services—53 began to offer services on July 1; 25 will begin to offer services in August; and even more offerings are planned for September.

With these expansions, 73% of Medicare beneficiaries will have access to HMO plans, 52% will have access to PPO plans, and 80% will have access to private fee-for-service plans. The vast majority of beneficiaries in rural areas will have access to private fee-for-service plans, and nearly 20% of beneficiaries in rural areas will have access to coordinated care plans (HMOs or PPOs)—most for the first time. Altogether, there are just over 5 million beneficiaries currently enrolled in Medicare Advantage health plans, with an average of 50,000 beneficiaries per month joining the plans since last year.

For people with Medicare who have special needs, such as those who are dually eligible for Medicare and Medicaid, living in institutions or have severe or chronic or disabling conditions, the new Medicare law allows Medicare Advantage organizations to exclusively or disproportionately enroll them into Special Needs Plans (SNPs). Health plans have an opportunity to improve the quality and coordination of care that

*Cont. p. 6*

## Still Have a 401(k) *Cont. From p. 3*

Most investors building an IRA from scratch won't exceed the \$1 million limit, since annual contribution limits to traditional and Roth IRAs have been relatively low for the past two decades. Also the bankruptcy act allows bankruptcy courts to permit the IRA owner to keep more than \$1 million if it is in the "interest of justice" (though the act did not spell out what constitutes an interest in justice).

All of this emphasizes the importance of making sure you roll any money from employer-sponsored retirement plans and pensions into separate "rollover" IRAs designed specifically for such rollovers. Try to avoid mixing rollover dollars inside a traditional or Roth IRA you've been funding from scratch because it makes bookkeeping complicated. Keep accurate records to document rollovers, too.

Nonqualified annuities—annuities not held within qualified retirement plans—do not fall under federal creditor protections established by the Supreme Court and Congress. Depending on state law, those assets may remain vulnerable to creditors.

*Source:* This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: Tim Murray, CFP®, CSA, an independent Certified Financial Planner™ Professional and Certified Senior Advisor with Murray Financial, Inc., in Chantilly, VA. Tim offers consultations on an hourly basis and may be reached by phone at 703-810-8424 or by e-mail at: [TimMurray@MurrayFinancial.com](mailto:TimMurray@MurrayFinancial.com).

---

## Miniature Artists—Call for Entries

The Vienna Arts Society will hold an "Art in Miniature Exhibit," October 3-26, 2005, at the Vienna Art Center, 115 Pleasant Street and the J.P. Brehony Model Home, 515 Park Street, Vienna.

For entry forms, send a self-addressed, stamped envelope to the Vienna Art Center or go to the Web site at [www.viennaartsociety.org](http://www.viennaartsociety.org). The deadline for the submission is September 15. For information, call Nancy Garcia at 703-256-8460.

## Medicare Advantage Plans *Cont. From p. 5*

is given to these beneficiaries through SNPs. CMS has approved 48 SNPs to serve beneficiaries in 2005 and is reviewing more than 100 additional SNP applications that have been submitted to provide services in 2006.

For 2005, many Medicare Advantage plans are providing a variety of benefits, including:

- Lower and more predictable copayments and deductibles than available in the traditional Medicare plan for Medicare-covered services
- Out-of-pocket limits on certain types of medical spending compared to traditional Medicare
- Prescription drug coverage, including enhanced benefits being offered by many plans in 2005
- Coordination of care for chronic illnesses including heart disease, diabetes, lung disease, and cancer
- Nutritional, wellness, and preventive benefits
- Dental and vision benefits.

CMS is currently reviewing the applications, formularies, and bids submitted by Medicare Advantage organizations, including the new regional PPOs, and by prescription drug plans that want to serve Medicare beneficiaries in 2006. CMS expects to finalize contracts with those organizations later this year.

---

## Thanks to Dr. Benson

Our thanks to Granger Benson, MD, who has contributed 27 articles on medical topics to the *Golden Gazette*.

Unfortunately, Dr. Benson will no longer be able to provide a regular column. In addition to a busy medical practice, he is president of Ready Hands, a Northern Virginia company that provides in-home services for seniors.

His wonderfully informative and clearly written articles were enjoyed by many readers and greatly enhanced the caliber of the *Golden Gazette*.

# SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** The symbol RR means reservations are required. These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions.

**Bailey's**  
**Bailey's Community Center**  
**5920 Summers Lane**  
**Bailey's Crossroads, VA 22041**  
**Phone: 703-820-2131**

Wednesdays 12:30 p.m., Line Dancing With TJ.  
 Wednesdays 1:00 p.m., Book Club Meeting.  
 Thursdays 11:00 a.m., Computer Clubhouse for Seniors.  
 Fridays 10:30 a.m., Shopping Trips.  
 Mon. 8/1 12:30 p.m., CVS Presents: *Cataracts, Glaucoma, and MagnaVision*.

**City of Fairfax**  
**4401 Sideburn Road**  
**Fairfax, VA 22030**  
**Phone: 703-359-2487**

Annual Golf Tournament to be held last week in September at Special Burke Lake Golf Course. Cost and time TBA.

Mondays 9:30 a.m.-12:00 p.m., Contract Bridge.  
 10:00 a.m.-2:00 p.m., Mahjong.  
 Wed. 8/10 10:00 a.m., Out-to-Lunch Bunch—Magnolia's at the Mill in Purcellville.  
 { Sat. 8/13 9:30 a.m.-2:00 p.m., Cards and Pickleball With Lite  
 { Sat. 8/27 Lunch. \$3 for Lunch.  
 Wed. 8/24 *The Golden Rays* Tap Dancers—Potluck. \$5 if You Don't Bring a Dish to Share.

**City of Falls Church**  
**223 Little Falls Street**  
**(Next to City Hall)**  
**Falls Church, VA 22046**  
**Phone: 703-248-5020/5021**

Note: Blood pressure screenings have been changed to the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month.

Mon. 8/8 10:00-11:00 a.m., *Foot Care* by Dr. Straley. (RR)  
 Tue. 8/9 10:15 a.m.-1:00 p.m., Alexandria Federal Courthouse. (RR)  
 Wed. 8/10 12:00 p.m., Exercise for Older Adults.  
 Mon. 8/15 10:15 a.m.-12:00 p.m., Shopping at Grand Mart. \$1. (RR)  
 Wed. 8/17 11:00 a.m.-3:00 p.m., *Spirit of Washington* Cruise. \$37 (ticket/transportation). (RR)  
 Fri. 8/19 10:30 a.m.-1:30 p.m., Beat-the-Heat Party. (RR)  
 Mon. 8/22 11:00 a.m., Line Dancing with the Happy Hoofers.  
 Thur. 8/25 10:15 a.m.-1:00 p.m., Trip to Frying Pan Park. (RR)

**Franconia/Springfield**  
**Lane Elementary School**  
**7137 Beulah St.**  
**Alexandria, VA 22315**  
**Phone: 703-924-9762**

Tue. 8/9 10:00 a.m., Looking for Bridge Players on Tuesdays.  
 Tue. 8/9 12:45 p.m., Relaxation With Tina.  
 Tue. 8/16 12:15 a.m., CVS Presents: *Cataracts, Glaucoma, and MagnaVision*.  
 Fri. 8/19 11:00 a.m., Exercise With Kim.  
 Wed. 8/31 12:30 p.m., Birthday Celebrations.

**Groveton at South County**  
**8350 Richmond Highway**  
**Ste. 325**  
**Alexandria, VA 22309**  
**Phone: 703-704-6216**

Mon./Wed./Fri. 10:30 a.m., Mat Exercise.  
 Wed. 10:30 a.m., Bridge.  
 Wed. 12:30 p.m., Computer Lab.  
 Wed. 1:00 p.m., New! Dance Club.  
 Thur. 1:00 p.m., Conversational Spanish With Julia.



# S E N I O R C E N T E R

---

## **Gum Springs**

**Gum Springs Community Center**  
**8100 Fordson Road**  
**Alexandria, VA 22306**  
**Phone: 703-360-6088**

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

---

## **Herndon Senior Center**

**873 Grace Street**  
**Herndon, VA 20170**  
**Phone: 703-464-6200**

Thur. 8/4	10:00 a.m., Ceramics—8 Classes. \$5 Tuition, \$20 Supplies.
Fri. 8/5	10:15 a.m., Music With Beth to Lift Your Spirits!
Wed. 8/10	12:45 p.m., Advisory Council Meeting. Everyone Welcome.
Wed. 8/24	12:45 p.m., Birthday Celebration With Paul on Accordion.
Tue. 8/30	1:15 p.m., Sundaes on the Sidewalk. \$1/Serving.

---

## **Hollin Hall**

**1500 Shenandoah Road**  
**Alexandria, VA 22308**  
**Phone: 703-765-4573**

Wednesdays	9:30 a.m., Outdoor Shuffleboard.
Mon. 8/15	1:00 p.m., Alexandria Memories Club. (RR)
Thur. 8/18	10:00 a.m., Military History Club Presents: <i>Three Weeks on Normandy Beach</i> .
Thur. 8/25	1:00 p.m., CVS Presents: <i>Cataracts, Glaucoma, and MagnaVision</i> . (RR)
Fri. 8/26	10:00 a.m., Poetry Appreciation. (RR)

---

## **James Lee**

**James Lee Community Center**  
**2855 Annandale Road**  
**Falls Church, VA 22042**  
**Phone: 703-534-3387**

Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center Hours.
Mon.-Fri.	1:00 p.m., Fitness Walking Club.
Mondays	10:00 a.m., Shopping Trips.
Tuesdays	10:30 a.m., Line Dancing.
Wednesdays	10:30 a.m., Line Dancing.

---

## **Lewinsville**

**1609 Great Falls Street**  
**McLean, VA 22101**  
**Phone: 703-442-9075**

Mon. 8/1	12:15 p.m., CVS Presents: <i>Heat &amp; Hydration</i> .
Tue. 8/9	10:00 a.m.-2:00 p.m., Senior/Teen Dance Party at Marshall High School. (RR)
Fri. 8/19	10:15 a.m.-1:30 p.m., Trip: Tysons I Mall. (RR)
Wed. 8/24	Red Hat/Tie Guy Luncheon to Three Pigs BBQ in McLean. (RR)
Mon. 8/29	12:00-1:00 p.m., August Birthday Party.

---

## **Lincolnia**

**4710 North Chambliss St.**  
**Alexandria, VA 22312**  
**Phone: 703-914-0223**

Thursdays	12:00 p.m., Duplicate Bridge. (Fee)
Thursdays	12:45 p.m., Bingo.
Tue. 8/9	10:00 a.m.-12:00 p.m., Blood Pressure Screening—Walk-in.
Tue. 8/9	10:00 a.m.-2:00 p.m., Senior/Teen Dance. \$1/Fastran. (RR)
Tue. 8/16	10:30 a.m., CVS Presents: <i>Cataracts, Glaucoma, and MagnaVision</i> . (RR)

---



# HIGHLIGHTS CONTINUED

**Little River Glen**  
**4001 Barker Court**  
**Fairfax, VA 22032**  
**Phone: 703-503-8703**

Tue. 8/2 11:00 a.m., CVS Presents: *Cataracts, Glaucoma, and MagnaVision*.  
 Tue. 8/2 1:00 p.m., *Cathy's Corner* With the Area Agency on Aging. Come find out what they can do for YOU!  
 Wed. 8/3 1:00 p.m., Birthday Party. Entertainment for the Heart in Song.  
 Fri. 8/12 10:00 a.m., VIB (Visually Impaired/Blind Adult) Support Group.

**Lorton**  
**7722 Gunston Plaza**  
**Lorton, VA 22079**  
**Phone: 703-550-7195**

Tuesdays 10:30 a.m., Forever Young Exercise Classes at Gold's Gym. Free for Center-Registered Seniors. (RR)  
 Wednesdays 12:30 p.m., Anxiety and Depression Support Group. (RR)  
 Fridays 12:30 p.m., Pinochle for New/Experienced Players. (RR)  
 Thur. 8/11 12:30 p.m., Summer in the City Lemonade Stand/Cookie Sale (Bakers Needed!). Keyboard Entertainment. (RR)  
 Fri. 8/12 10:00 a.m.-7:00 p.m., Trip to MCI for National Powwow. About \$15 + Meals. (RR)  
 Tue. 8/30 12:30 p.m., International Food Potluck Social/Music Fest. Bring Dish and Music/Talent to Share. (RR)

**Pimmit Hills**  
**7510 Lisle Avenue**  
**Falls Church, VA 22043**  
**Phone: 703-734-3338**

Mon. 8/1 10:30 a.m., Crochet Class.  
 1:00 p.m., Line Dancing Class.  
 Fri. 8/5 1:00 p.m., Line Dancing Class.  
 Mon. 8/8 9:30 a.m., Ceramics Class. \$ TBD. (RR)  
 Tue. 8/9 10:30 a.m., Seniors/Teen Dance. \$1 Bus.  
 Mon. 8/22 11:00 a.m., Asian Art Classes. (RR)

**Sully**  
**5690 Sully Road**  
**Centreville, VA 20124**  
**Phone: 703-322-4475/4479**

Mon. & Wed. 10:00 a.m., Join Us for Bridge.  
 Mon. 8/1 12:30 p.m., CVS Presents: *Cataracts, Glaucoma, and MagnaVision*.  
 Mon. 8/8 12:00 p.m., Food Service Visit.  
 Mon. 8/22 10:30 a.m., Music With Dave Lovins.  
 Wed. 8/31 10:00 a.m., *Cascade Steppers'* Line Dancing Rehearsal for the Senior Olympics.

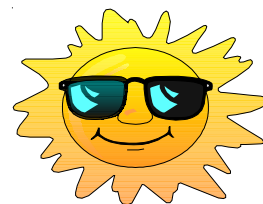
**Wakefield**  
**Audrey Moore RECenter**  
**8100 Braddock Road**  
**Annandale, VA 22003**  
**Phone: 703-321-3000**

Mon. 8/1 11:00 a.m., Mary From Fire & Rescue Department.  
 Fri. 8/5 10:30 a.m., Beginning Yoga. \$5/8 Lessons. (RR)  
 Fri. 8/12 11:00 a.m., CVS Presents: *Cataracts, Glaucoma, and MagnaVision*.  
 Wed. 8/17 11:30 a.m., Paul Presents: *Exercise Benefits*.  
 { Tue. 8/23 9:00 a.m.-2:00 p.m., 2-Day AARP Driver Safety  
 { Wed. 8/24 Program. \$10. (RR)

## **Additional Locations for Meals/Other Activities**

**David R. Pinn Community Center**  
**10225 Zion Drive**  
**Fairfax, VA 22032**  
**Phone: 703-250-9181**

**Huntington Community Center**  
**5751 Liberty Drive**  
**Alexandria, VA 22303**  
**Phone: 703-960-1917**



# 2005 Northern Virginia Senior Olympics

SEPTEMBER 17-29

The 2005 Northern Virginia Senior Olympics will be held September 17-29. Seniors (50+) who live in one of the sponsoring Northern Virginia jurisdictions are eligible to compete. Opening day, Saturday, September 17, will feature welcome ceremonies at 9:30 a.m., followed by track and field events starting at 10:00 a.m., at Falls Church High School, 7521 Jaguar Trail (inside the Beltway, off Rt. 50). Over 25 indoor and outdoor events will be held at several venues in Northern Virginia. The majority are scheduled at Lee District Park and RECenter, 6601 Telegraph Road, Franconia.

Events from Monday, September 19, through Friday, September 23, will include backgammon, softball hit and throw, team line dancing, bowling, basketball, billiards, tennis, table tennis, chess, canasta, bait casting, frisbee throw, golf, shuffleboard, horse-

shoes, rummikub, miniature golf, bunco, kings in the corner, bridge, cribbage, mahjong, yo-yo, and swimming. Pickleball competition will be held September 27-29 at the Thomas Jefferson Community Center in Arlington. Gold, silver, and bronze medals will be awarded shortly after each event.

The registration deadline is September 2; the fee is \$10, which includes one event—additional events are \$1. There are additional fees for bowling, golf, and miniature golf.

Registration forms, schedules, and rules are available at senior centers, senior residences, online at [www.novaseniorolympics](http://www.novaseniorolympics) or by calling **703-228-3600, Ext. 9996**.

## HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

**703-324-5851.**

**FREE!**

The Beacon

## InfoEXPO

**Maureen Bunyan  
speaks at  
Springfield Mall!**



**THURSDAY, SEPTEMBER 8  
11 a.m. – 3 p.m.**

**Springfield Mall; Springfield, VA**



**Bob Levey  
speaks at  
both locations!**

**SUNDAY, SEPTEMBER 18  
Noon – 4 p.m.**

**White Flint Mall; Rockville, MD**

To exhibit, sponsor, volunteer, or for more information, call Gordon at 301-949-9766.

GOLD SPONSOR

**CVS/pharmacy**

SILVER SPONSORS

**INOVA ALEXANDRIA  
HOSPITAL**

**JCA**

Jewish Council for the Aging

**HC**

HOLY CROSS HOSPITAL

BRONZE SPONSOR

**CareFirst  
BlueCross BlueShield**

# Goldi Locks and the Three Mattresses

*by Ellyn T. Kay, Investigator, Fairfax County Consumer Protection Division*

When Goldi Locks moved into a new retirement community, she decided that it was time to discard her 12-year-old mattress set, so she visited a local mattress retailer. The sales representative suggested that she lie down on several mattresses to select the comfort level that suited her. The first bed was too soft. The second was too hard. However, the third was just right. Without any hesitation, and, in anticipation of a good night's sleep, Goldi purchased the third mattress set.

After sleeping on her new mattress for two months, Goldi noticed that a depression had developed in the middle of her new mattress. She called the retailer who sent an inspector to verify whether the depression met the 1½-inch depth requirement to qualify for a warranty replacement. However, the depression measured only 1¼ inch. The inspector told Goldi that she would have to wait until the depression increased another quarter inch, since the store did not offer a "comfort return policy."

Goldi's dream of a good night's sleep had become a consumer nightmare. She complained to the manager of the mattress store again, but the manager simply growled, "No returns." So Goldi turned to the Fairfax County Consumer Protection Division for assistance.

The consumer investigator, who did an undercover shop at the retail store, discovered that there was no conspicuously posted refund policy, as required under the Virginia Consumer Protection Act (VCPA). If the policy had been properly posted, Goldi would have been able to make an informed decision prior to making her purchase. Some stores do allow returns, in the event the consumer is dissatisfied for any reason. However, a penalty fee is normally imposed for this courtesy. The Consumer Protection Division immediately sent a violation letter to the corporate offices of the mattress retailer informing them of their violation of the VCPA. As a result, Goldi was allowed to select another mattress that met her comfort requirements.

Goldi learned a valuable lesson in selecting mattresses. The consumer protection investigator explained the importance of inspecting the cut-away sample of the mattress that is displayed in the store. It reveals the coil count, type of coil system, the thickness or gauge of the wire, thickness of Dacron or other polyester batting that is layered between the quilt and the springs, and the type of foam (level or egg crate) that is used to insulate and add cushioning support. Thicker wire reduces the number of coils. However, a thinner gauge wire with more coils may offer equal support. Some of the thickness found in today's mattresses comes from the increased height of the spring unit. Buyers should make certain that the mattress they select contains the minimum number of coils, 300 for a full size bed, 375 for a queen, and 450 for a king. The better mattresses boast 500 to 700 coils for better weight distribution.

Before finalizing your mattress selection, be sure to lie down on each mattress for more than 5 minutes. Sit on the edge of the bed to determine if it sags. If you tend to sleep close to the edge, find a mattress with more padding and wire support around the perimeter of the ticking. Since every manufacturer has different degrees of firmness, it is important to lie down on all models made by each manufacturer to determine your comfort level. It is also important to make note of the serial number that appears on the law tag of the model you select. Before accepting delivery of the mattress you purchased, inspect the law tag to make sure the serial number matches the one on the law tag in the store. Manufacturers maintain different levels of firmness for each model mattress, but do not disclose this information to the public. The level of firmness is designated by the serial number on the law tag. Therefore, unscrupulous dealers may display a firmer and more expensive level of a model in the showroom,

*Cont. p. 12*



## Goldi Locks Cont. From p. 11

while advertising a very low sale price. However, the mattress that is delivered is the lowest level of firmness. Therefore, you may have paid exactly what the lesser mattress was worth.

When selecting a mattress set, don't confuse a box spring with a foundation. A foundation is simply a box covered with slats and fabric. When mattress sets are advertised at very low prices, they usually consist of an inexpensive mattress and foundation, not a matching box spring. Ask the sales representative to specify on your invoice that you are receiving a box spring. Ask for a copy of the manufacturer's warranty prior to making your purchase. Contact the manufacturer to confirm that the box spring or foundation you received does not void the manufacturer's warranty.

Although the cover of a mattress is used to visually communicate quality, it plays an important functional role. The feel or pliability of the fabric affects the comfort. Firmer feeling beds may use a stiffer, less pliable fabric, while soft plush mattresses would use a plush, pliable fabric. If firmness is a requirement, avoid selecting a pillow top or plush mattress. If you have a medical condition, it is important to obtain advice from your physician prior to randomly purchasing any mattress.

As Goldi discovered, the depression in her mattress failed to meet the depth of 1½ inches to be replaced under the terms of her warranty. Therefore, it is important to read the warranty before making your purchase. Warranties mainly cover defects and the number of years available for replacement of the product. Even if a retailer is out of business, the manufacturer warranties must honor the terms of the warranty.

Buyers should be aware of ads for deeply discounted, mismatched mattress sets. Some unscrupulous retailers have been known to accept returns of defective mat-

tresses, which are reupholstered and sold with mismatched box springs or foundations. These mattresses must include a tag (sometimes red or yellow in color) warning that the mattresses contain used materials. In the Commonwealth of Virginia, mattresses may be reupholstered and resold as such. However, all reupholstered mattresses must be sanitized with Sterifab or Microban, and contain the appropriate disclosure on their labels.

If you suspect that the mattress that you purchased as new may be reupholstered, you may report it to the Virginia Department of Health at **1-804-864-8147**. In addition, complaints against mattress manufacturers or local retailers may be filed with the Fairfax County Consumer Protection Division at **703-222-8435**, or online at [www.fairfaxcounty.gov/consumer](http://www.fairfaxcounty.gov/consumer).

---

## ARE YOU A GRANDPARENT RAISING A GRANDCHILD?

If you are raising a grandchild between the ages of 1 and 12 years old, we invite you to participate in a study being conducted by researchers from Psychology, the Center for Gerontology, and Human Development at Virginia Tech.

- The study takes between 1 and 2 hours.
- You may participate at your home or at Virginia Tech.
- We will schedule a convenient time at either place.

You will complete a series of questionnaires about your family, your grandchild, and yourself. We are interested in the health of grandparents who are raising grandchildren.

You will receive a \$20 Wal-Mart gift certificate for being in the study.

For more information, call **1-540-231-8504** and leave a message. We will call you back as soon as possible. Or, you may e-mail us at: [GRGSTUDY@vt.edu](mailto:GRGSTUDY@vt.edu).

## Monthly Support Groups

\* **Amputee Support Group of Northern Virginia.** Meets on the 1<sup>st</sup> Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or [asgnva@earthlink.net](mailto:asgnva@earthlink.net).

\* **Fibromyalgia/Arthritis Support Group.** No August meeting. New location in September. Call Barbara at **703-913-0890**.

\* **Mended Hearts Support Group.** Meets on the 1<sup>st</sup> Wednesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact John Braddon at **703-385-9694** or [jbraddon@cox.net](mailto:jbraddon@cox.net).

\* **Neuropathy Organization of Northern Virginia.** Meets on the 2<sup>nd</sup> Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

\* **Northern Virginia Post-Polio Support Group.** Meets on the 2<sup>nd</sup> Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

\* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The evening group meets on the 3<sup>rd</sup> Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call **703-425-2430**.

The daytime group will meet August 22, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call **703-691-0969**. The WSF supports spousal caregivers for the chronically ill or disabled.

\* **Parkinson's Disease Care Partners Support Group.** Meets on the 3<sup>rd</sup> Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

## Grief Support Groups

\* The **Church of the Nativity**, at 6400 Nativity Lane, Burke, sponsors two monthly grief support groups:

1. General Bereavement Support Group. Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at **703-455-2400**.

2. Grief Support Group for Men. Meets the 2<sup>nd</sup> Thursday of the month, 7:30-9:00 p.m. Call **703-455-2400, Ext 234**.

\* **HAVEN of Northern Virginia**, at 4606 Ravensworth Road, Annandale, offers several ongoing bereavement support groups.

1. General Bereavement Support Group. Meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, 7:30-9:00 p.m.

2. Widow/Widower Support Groups. One group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 7:30-9:00 p.m.

3. A Suicide Survivors' Support Group. Meets on the 1<sup>st</sup> Tuesday of the month, 7:30-9:00 p.m.

Call **703-941-7000** or visit the Web site at [www.havenofnova.org](http://www.havenofnova.org).

---

## 4-H Fair & Farm Show Features Competition/Contest for Fairfax Adults

The Fairfax County 4-H Fair is an annual event designed to showcase 4-H achievement in Fairfax County. It will be held at Frying Pan Park (2709 West Ox Road, Herndon) on August 6 and 7, 2005. It is open to the public with free admission from 9:00 a.m.-5:00 p.m. There will be 4-H exhibits, crafts, livestock judging, horse and dog shows, live entertainment, as well as demonstrations of old-fashioned farming and children's games and rides. Canned goods donations to be given to Capital Area Food Bank will be accepted at the gate.

Fairfax County residents are invited to bring their own handmade items or homegrown flowers and vegetables to the fair for exhibit and judging on Friday, August 5, from 3:00-6:30 p.m. It is an open show for adults with rosettes awarded for outstanding exhibits. New this year is a baking contest, sponsored by Hershey's, for a chocolate dessert.

For more information or to have a fair catalog mailed to you, call the Virginia Cooperative Extension Service at **703-324-5369**.

## Interesting Mosquito Facts



According to the Fairfax County Health Department:

- There are more than 170 species of mosquitoes in North America, and several species have been accidentally introduced from other parts of the world. More than 30 species exist in Fairfax County.
- Only female mosquitoes bite. They require a blood meal to develop eggs.
- Most female mosquitoes lay their eggs (100 to 300 at a time!) in standing water (stagnant ponds and ditches are preferred), but even a few tablespoons of water in a flower pot or old tire will do.
- Mosquito eggs hatch, become swimming larvae, and develop into flying adults in as few as 4 to 7 days.
- When she bites, the mosquito injects saliva that slows coagulation so blood flows freely. Your body's allergic reaction to the saliva causes the welt and itching sensation.
- You're more likely to be a mosquito magnet if you consume bananas.
- Mosquito biting activity increases by 500 times when there is a full moon.

For more information about mosquitoes, mosquito prevention, and insect repellents, visit the Health Department's mosquito awareness Web page or give them a BUZZ at **703-246-2300, TTY 703-591-6435**.

### Sign Up for Senior Softball Fall-Ball!

Northern Virginia Senior Softball (NVSS) (average age 65) seeks men 50+ and women 40+ for Fall-Ball, a September-October slow-pitch 28-game season. There are two 7-inning games on Tuesday and Thursday mornings on Fairfax County fields beginning September 6. For information, call Dave Scheele at **703-524-5576** or Joyce Pfeffer at **703-860-1876**.

## Falls Church Police Offer "Refuse To Be A Victim®" Seminar

**FRIDAY, AUGUST 12, 2005**

The City of Falls Church Police Department is presenting a Refuse to Be a Victim® Crime Prevention Seminar. It will be on August 12, 11:00 a.m.-1:00 p.m., at the City Hall Training Room, 300 Park Avenue, Falls Church. The seminar is free to the public.

The seminar, designed by the National Rifle Association for use across the country, has taught more than 26,000 people easy-to-understand methods geared towards awareness and avoidance of criminal attack. Participants walk away with the tools they need to develop their own safety plan—a key to preventing criminal attack.

A certified instructor from the Falls Church Police Department will help seminar participants better understand criminal thinking and provide tips on maximizing home, automobile, travel, telephone, technological, and personal security. Participants learn about carjacking prevention strategies; self-defense training options; and the use of devices such as pepper spray, Mace, and stun guns.

Officer Derrica Wilson, the city's certified Refuse To Be A Victim® instructor, also is available to conduct public service seminars in other communities and places of business upon request.

To register or for more information, call Officer Wilson at **703-248-5100, Ext. 7049** or e-mail [dwilson@fallschurchva.gov](mailto:dwilson@fallschurchva.gov).

**If you prefer the  
Golden Gazette in  
large print, call  
703-324-5633.**



# Lightning Safety

According to the Virginia Department of Emergency Management, lightning kills more people in the United States annually than any other weather event—except for flash floods—including tornadoes and hurricanes. Nationally, 31 people died from lightning strikes in 2004, and 280 were injured. Summer is the peak season for lightning.

The Fairfax County Office of Emergency Management encourages residents to become familiar with the following lightning safety tips.

## **Before the storm:**

- Check weather forecasts before going outdoors.
- Watch for signs of an approaching storm: distant lightning, darkening, towering clouds, and strong winds that may signal a severe thunderstorm. When you hear a warning, take appropriate action.
- Make sure you have a National Oceanic & Atmospheric Administration (NOAA) weather radio at your golf course, athletic field complex or any other outdoor venue, and one for your home.

## **When you hear thunder:**

- Immediately move inside a sturdy building or an automobile for greater protection. Avoid picnic or rain shelters.
- Once inside a building, close all windows and outside doors. Stay off the telephone and away from electrical outlets and metal pipes.
- If you cannot get to a building, seek shelter in a vehicle with a metal roof. Close all windows and doors and avoid touching any inside metal.

## **If you are caught outdoors and cannot get to a building:**

- Lightning tends to strike the tallest objects, and solitary trees aren't the only things to watch out for. Metal bleachers, fences, light poles or goal posts can carry the charge and shock anyone in its path. Lightning can also "splash" or "ricochet" off these objects and strike nearby people.
- Find a low spot away from trees, fences, and poles.
- If you are in the woods, take shelter under the shorter trees or low brush.

- If you are on the water, move to land immediately and find a low spot.
- If you feel your skin tingle or hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. You want to make yourself the smallest possible target while minimizing your contact with the ground.
- Wait at least 30 minutes after the last sound of thunder to return to your outdoor activities.

C. Douglas Bass, director of the Office of Emergency Management, reminds residents that if you are outside and can hear the sound of thunder, you are within range of a lightning strike. "A thunderstorm could be 15 miles away or it might not be raining at all, but it's still possible to get hit by deadly lightning," says Bass.

For additional information on lightning safety, contact the Fairfax County Office of Emergency Management at **703-324-2362**, TTY 711, or visit the emergency information page on the county's Web site at [www.fairfaxcounty.gov/emergency](http://www.fairfaxcounty.gov/emergency) or the National Weather Service lightning safety Web page at [www.nws.noaa.gov/om/wcm/lightning/index.htm](http://www.nws.noaa.gov/om/wcm/lightning/index.htm).

Residents also may want to register for free severe weather alerts from the county's Community Emergency Alert Network (CEAN), which sends National Weather Service alerts to any registered pager, cell phone or e-mail account. You can register for the CEAN online at [www.fairfaxcounty.gov/cean](http://www.fairfaxcounty.gov/cean).

## **Medications Memory Study**

Healthy Volunteers, Age 60+ With English as primary language; 8 study-related visits to research facility. Participants will take bladder control medication and receive study related:

- Medical exams and lab results
- Assessment of cognitive function: memory & attention
- Financial compensation & meals
- Transportation reimbursement

Please contact:

**WASHINGTON NEUROPSYCHOLOGICAL INSTITUTE, LLC**

4910 Massachusetts Avenue, NW, Ste. 100  
Washington, DC 20010-4384

**Phone: 202-686-7520**

e-mail: [mmacewni@purespeed.com](mailto:mmacewni@purespeed.com)

# CAREGIVER'S CORNER

## HEMOCARE FOR YOUR LOVED ONE—A NECESSITY FOR MANY

Family caregivers sometimes reach a point where they need help caring for their loved one. It may be a few hours of respite care, some limited time while the older person is recuperating from an illness, or it may be on an extended basis while the caregiver is at work.

### **Determine What Level of Care is Needed.**

Some older persons may need help with personal care like bathing, dressing, help with toileting, and with meal preparation. Some may just need a person in the home for supervision and minimal personal care. There are various sources for finding help.

### **Resources for Finding Reliable, Qualified, Caregivers.**

Home care agencies are listed in the phone book and in *The Guide to Retirement Living*. The guide can be accessed most quickly online at: [www.guidetoretirementliving.com](http://www.guidetoretirementliving.com) or call **1-800-394-9990** to request a copy. Also, the Fairfax Area Agency on Aging (AAA) has copies. In addition, the AAA has a "Companion Registry," listing individuals who have been interviewed by the county and put on a registry, without recommendation. The individuals are self-employed. The caregiver becomes the employer of these individuals, and makes all financial and scheduling arrangements.

SeniorNavigator is a statewide online service that lists home care providers and information articles to assist caregivers. Go to: [www.seniornavigator.org](http://www.seniornavigator.org). Look for "Quick search," type in "home care" and your zip code.

### **Make a Checklist of Required Services.**

Before calling for care, make a checklist of what services will be needed. The Virginia Department for the Aging suggests that caregivers ask whether the person or agency can provide the services needed, what their training or experience is, what their references are, and how payment will be made. Some agencies may provide Medicare or Medicaid-funded services, in addition to private pay hours.

### **The Hiring Process.**

Once you have selected a home care agency or individual, create a written agreement to ensure that you and the home care provider understand the terms of this business and service arrangement.

An agreement should include the care to be given; days and hours of work; terms of wage payment and benefits; designation of a backup worker; advanced notice of termination of the service; and who to contact in an emergency. When both parties take the time in the beginning to sit down, explore, and record their expectations, many simple misunderstandings can be avoided.

During the hiring process, consumers should inquire about and verify a home care provider's training, credentials, and prior experience. Consumers should ask for references and call them with forthright questions. A preliminary face-to-face interview with the provider is a must!

### **Who to Call if There Is a Problem.**

The Northern Virginia Long-Term Care Ombudsman program investigates and resolves complaints about long-term care, including home care, if the caregiver and the agency are unable to resolve their differences. The Ombudsman intake number is: **703-324-5861**.

### **Additional Resources.**

If you have questions about aging services in Fairfax County and the cities of Fairfax and Falls Church, call the AAA at **703-324-7948**. Or visit the Web site at [www.fairfaxcounty.gov/service/aaa/inhomecare](http://www.fairfaxcounty.gov/service/aaa/inhomecare) for other useful information, including "Finding Your Way Through the Home Care Maze."

*Sources: Northern Virginia Long-Term Care Ombudsman program and "Home Care—Resource Guide" published by the Virginia Department for the Aging.*

# COMMUNITY CALENDAR

**August 2 & 4.** 6:30- 9:30 p.m. American Heart CPR. This 2-session course will teach how to handle breathing-related emergencies in infants, children, and adults. \$37 resident; \$62 nonresident. Reston Community Center, Hunter Woods, 2310 Colts Neck Rd., Reston. Registration necessary. **703-476-4500** or [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**August 4.** 7:30-9:00 p.m. The Electric Brigade, the high energy show band of the U.S. Naval Academy, will perform at the Herndon Summer Concert Series held on the Herndon Town Green, 777 Lynn St., Herndon. **703-787-7300**.

**August 6.** 10:00 a.m.-6:00 p.m.

**August 7.** 10:00 a.m.-5:00 p.m. The Northern Virginia Coin Club is sponsoring the largest regularly scheduled show in this area that features both coins and stamps. There are about 15 stamp dealers and 45 coin dealers. Vienna Community Center, 120 Cherry St., Vienna. Call Darren M. Coker at **703-532-6640**.

**August 11.** 2:00 p.m. Family Search Introduction. Search for your ancestors using genealogy databases and the Family History Library Catalog. Fairfax City Regional Library, 3915 Chain Bridge Rd., Fairfax. To register, call **703-293-6227**. Or visit [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

**August 13.** 10:00 a.m. Copper Trellises and Vines. Atrium Horticulturist Tammy Burke

will explain how to create a copper trellis and propagate and maintain versatile garden vines. \$5. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct., Vienna. Reservations required. Call **703-255-3631**.

**August 14.** 7:30 p.m. The Mt. Vernon Community Concert Band plays a variety of music from classical to contemporary. Newton W. Edwards Amphitheater, Mason District Park, 6621 Columbia Pike, Annandale. Call **703-324-7469**.

**August 21.** 1:00-3:00 p.m. Ice Cream Social at Sully. Make ice cream and load it up at our "fixin" table. Enjoy games, races, a tour of the main house, and make a craft. \$7/person. Sully Historic Site, Sully Rd., Chantilly. (Rt. 28, a quarter mile north of Rt. 50 and 4 miles south of Dulles Toll Rd.) Reservations required. Call **703-437-1794**.

**August 21.** 10:00 a.m.-1:00 p.m. Meadow Wildflower Walk. Walk with a naturalist to see late summer wildflowers. Hiking shoes, long pants, field guides, binoculars, and your lunch are "musts." Ellanor C. Lawrence Park, 5040 Walney Rd., Chantilly. \$5. Reservations required. Call **703-631-0013**.

**August 25 and 26.** 7:30 p.m.

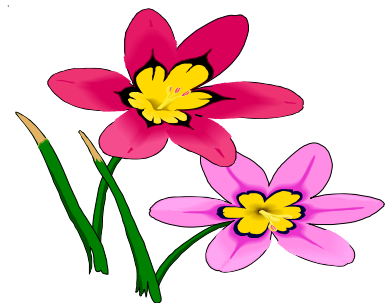
**August 27.** 11:00 a.m. Pride and Prejudice. Play presented by Actors Communicating Character Through Theatre (ACCTT), Christian Center Ministries, 5411 Franconia Rd.,

Alexandria. \$3/adult; \$1.50/children/students/senior citizens (at the door). Call **703-731-3602**.

## FAN CARE Offers Free Fans

With a grant from Dominion Virginia Power, the Fairfax Area Agency on Aging purchases and distributes electric fans to eligible seniors.

To qualify for FAN CARE, a person must be at least 60 years of age, have an existing home situation that presents a threat to the person's health and well-being, and have a combined family monthly income of no more than \$1,197 for a household of one, \$1,604 for a household of two, or \$2,012 for a household of three, etc. Not all persons in the home need to be elderly to qualify. To request an application, call **703-324-7694**.



TO ADD, CORRECT OR DELETE  
YOUR NAME FROM  
OUR MAILING LIST,  
**CALL 703-324-5633.**